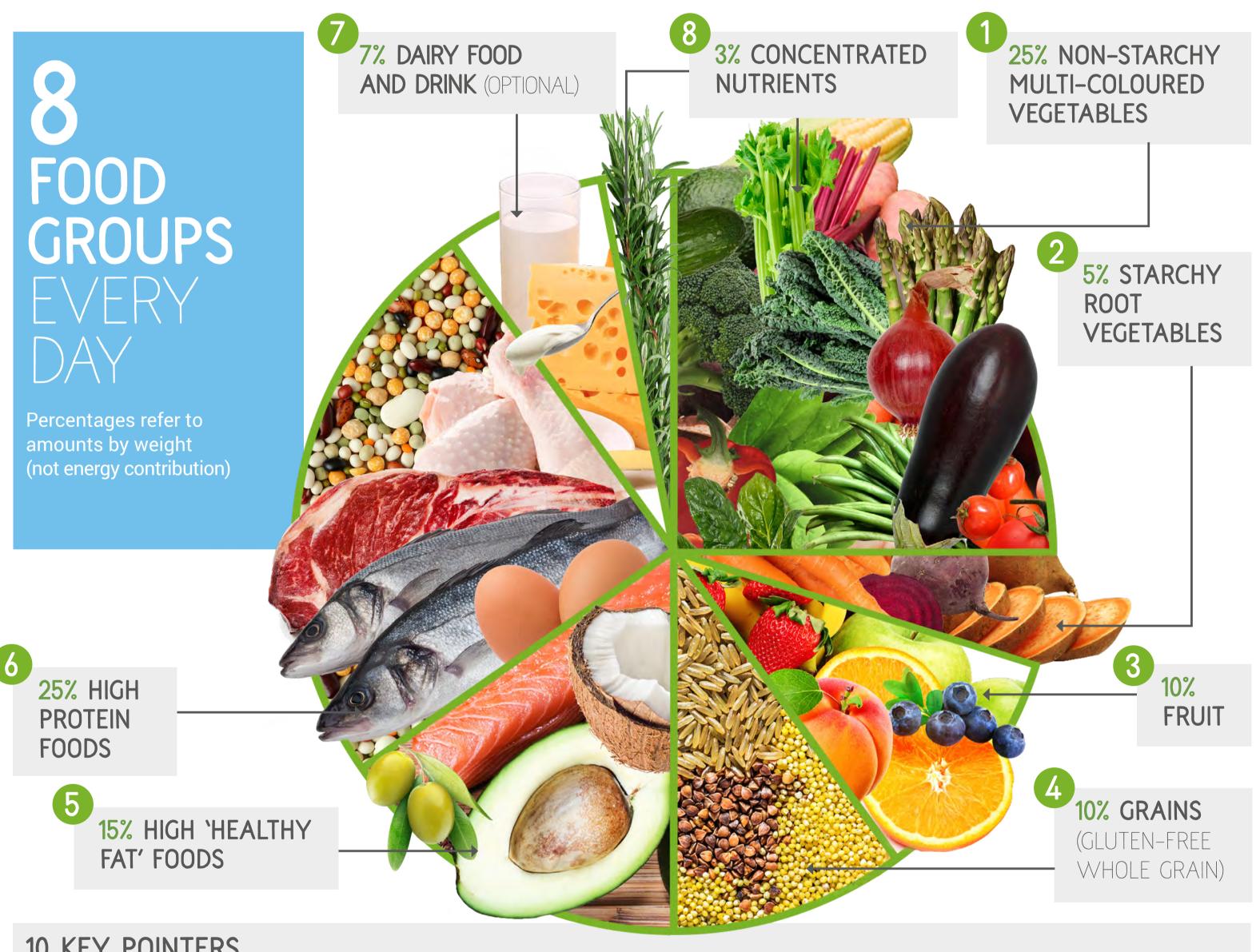
F00D4KIDS GUIDEI INES



FOR YOUNG CHILDREN AGED 1-6

UK national voluntary food and drink guidelines for early years settings propose that kids eat 4 different food groups each day: Starchy foods / Fruit and vegetables / Meat, fish, eggs, beans and non-dairy sources of protein / Milk and dairy foods

ANH-Intl's Food4Kids Guidelines recommend 8 food groups each day for young kids



10 KEY POINTERS

- Macronutrient composition by energy contribution (kJ or kcal) should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
- Eat a 'rainbow' of different coloured vegetables and fruit every day
- Avoid/minimise 'free' (added) sugars
- Drink water, not soft drinks or fruit juices
- Avoid drinks sweetened using non-nutritive sweeteners
- Avoid all ultra-processed and refined foods
- All whole grains should be gluten-free
- 8 Check for dairy intolerance and avoid dairy if intolerant
- Avoid over-cooking or charring foods
- Include concentrated nutrients daily











